

Best Match



#1 [One Daily Multivitamin for Men](#) by NATURELO

Effectiveness Score: 8.7

Contains: 29 high-quality nutrients, including 13 vitamins, 10 minerals, and organic fruit & vegetable extracts

Unique Features: Natural vitamin A, Vitamin C from Acerola Cherry; Organic fruit & vegetable blend

Daily Dose: 1 capsule

Cost per Day: \$0.33

[Learn more »](#)



#2 [Multi-Xtra](#) by Xtend-Life

Effectiveness Score: 8.5

Contains: 48 high-quality nutrients, including vitamins, minerals, and antioxidants

Unique Features: Natural vitamin A; 365-day satisfaction guarantee

Daily Dose: 2 tablets

Cost per Day: \$0.57

[Learn more »](#)

#3 [Vitamin Code RAW One for Men](#) by Garden of Life

Effectiveness Score: 8.2



Contains: 22 active ingredients, probiotic & enzymes

Unique Features: Organic Indian Gooseberry, cultured vitamins

Daily Dose: 1 capsule

Cost per Day: \$0.33

[Learn more »](#)

How was this recommendation created?

We have reviewed **over 200 multivitamin products**, including popular brands such as Centrum, GNC, One-A-Day, Nature Made, Nutrilite, Shaklee, and USANA. We then calculated an **Effectiveness Score** for each of these products based on 4 parameters - composition, potency, bioavailability, and safety.

Our recommendation to you is based on the **Effectiveness Score** of each product, as well as your **Gender, Age, Body Type** and **Activity Level**. We have also taken into account that you are looking for a basic multivitamin that requires you to take only one tablet or capsule a day.

Best regards,

Greg Marshall

Chief Editor

MultivitaminGuide.org